



HOTSHOTS... for the

Gilbert Fire Department Volunteers

Volume 4, Issue 2

February 2011

Kim's Corner

By Kim Yonda
GFD Volunteer Coordinator

Can you believe it is February already? The weather has been beautiful and I hope you have had the opportunity to enjoy some outside activities. Which reminds me about the hike several of our Volunteers will be taking. What a great morning that will be! Fresh air, exercise, (as in our continued commitment to good health) and networking with other Volunteers. Hope to see you on the trail!



In springtime our Volunteer Program will definitely be hopping. The Second Annual Citizen Corps Symposium will be here before you know it. The next couple of months there are plenty of opportunities to lend a helping hand for the preparation work involved in hosting the symposium. Kudos to the Special Projects Team for jumping right in and assisting with table decorations, musical entertainment, and much more. There is plenty to do, and the best part yet is that there is still time for you to get involved. I

look forward to hearing from you.

Registration packets for the Symposium will be arriving by e-mail in February. I encourage you to register as soon as possible because classes will fill quickly. There are so many great classes planned that you might have a hard time choosing.

Our Limousine Scavenger Hunt is scheduled for the first weekend in May. Please watch your e-mail for ways to get involved so that we can have a successful fundraiser. All funds raised will benefit our Volunteer Program. Please remember that the goal we set for ourselves during "Mission Possible" in October, 2010, was to raise enough funds to enable us to have an exercise in October, 2011. We can do it! Remember there is no "I" in team. Together Everyone Achieves More! This is why we can meet this goal if we ALL get involved!

Please be sure to refer to the calendar section for some important dates you won't want to miss. Thank you for sharing your energy and your heartfelt ways.

Reviewing CERT

By Johnna Switzer
GFD Volunteer

Here are some challenging questions to answer as we continue our review of disaster psychology. First review the scenario, and then answer the questions.

It is Wednesday afternoon at San Tan Village shopping mall. A microburst touches down near the mall, causing damage and injuring shoppers. Members from Gilbert CERT are deployed by the fire department and arrive on scene to help. The first members to arrive are assigned to assist with setting up a command post in the parking lot. Once that is completed they receive their next assignment. Vince and Carly are two CERT members assigned to work with the survivors.

Select the best answer/s for the following questions.

1. Carly (a CERT member) is becoming upset and tells her team leader, Anna, she wants to leave immediately and go home. Anna knows this is not the best idea. What should Anna have Carly do instead?
 - a. Have a fellow team member drive her home
 - b. Phase out
 - c. Re-do her CERT training
2. Javier is talking to Charlotte. Charlotte has a sprained ankle and a scratch on her head. But she is mainly all right, and seems in good spirits. However, Anna notices that Javier is not doing so well. He is hyperactive and cannot sit still. He also says he is beginning to feel nauseous. Anna thinks these are psychological signs of trauma. What are some psychological signs of stress Javier might be experiencing?
 - a. Isolation and withdrawal
 - b. Fear of recurrence
 - c. Feeling invincible
 - d. Mood swings
 - e. Self-blame
 - f. Refusal to leave the scene
3. Anna pulls Javier aside to talk. Javier tells her he has been working for several hours but insists he is fine. Anna thinks he should take a break or rotate to another job. What should Anna tell Javier?
 - a. "I think you should sit down here with Charlotte and relax. Taking a break away from here will only make you so stressed that you won't be helping."
 - b. "You should go outside by yourself for a little while. Do not talk to other teammates, just relax."
 - c. "You should take a break. Get away from the damage and survivors for a bit and regroup. You do not want your exhaustion to affect your response efforts."
 - d. "Take a few minutes to walk around and see all the damage. That will help you understand the scope and inspire you to work harder."
4. Leslie was shopping for her Dad's birthday gift when the tornado hit. She has a sprained ankle and a headache. Ramona has been talking to her, and other survivors, for most of the day. She has been careful to take breaks and talk to her teammates, but Anna still sees some signs of stress in her. She thinks that Ramona wasn't as mentally prepared for this disaster as she could have been. What advice should Anna give Ramona to help her deal with stress now and in the future?
 - a. Exercise
 - b. Connect with others
 - c. Eat a balanced diet
 - d. Be willing to talk to mental health professionals

Answers: 1.b, 2.a,b,d,e, 3.c, 4.a,b,c,d

Cook & Ladder

Recipe submitted by Engine 252 A-shift.
The recipes were shared with the crew by a member of the Sun Valley Community Church.

Dry Rubbed Smoked Tri-Tip

Dry Rub

Brown sugar	2 cups
Sugar	half cup
Garlic powder	1 tbsp
Pepper	2 tbsp
Salt	2 tbsp
Chili Powder	3 tbsp
Cumin	2 tbsp
Paprika	3 tbsp
Cayenne Pepper	2 tbsp
Thyme	1 tbsp

Blend all ingredients together, and generously rub on both sides of meat. Let stand unwrapped overnight in refrigerator.

Cook over 250-300 degrees on smoker until meat registers 130 degrees.

Let rest 30 minutes and then slice.



Roasted Red Potatoes

Cut potato into 6 wedges.

Season

Salt	2tbsp
Pepper	2tbsp
Cayenne Pepper	1tbsp
Basil	1tbsp
Oregano	1tbsp
Paprika	2tsp
Olive oil to coat	¼ cup

Roast in oven at 400 degrees.

Toss a couple of times during cooking.
Enjoy!

Photo: Iowa Beef Industry Council
Beef Checkoff Program

Welcome

New GFD Volunteers

Matt Dirks Jack Kukkola Ron McKee
Ellen Hunnicutt Gayle Schmidt

Reviewing Community Assistance

By Dianna Erickson and Katharine Keller
GFD Volunteers

The following questions deal with our new bike rack, the Thule 2. If you have not already previewed the power point presentation, please do so soon.

1. Where is the wrench kept for the Thule 2 bike rack?
 - A) Console between the seats
 - B) The glove compartment
 - C) In the box with the folders
2. When transporting one bicycle, which rack do you use?
 - A) The rack closest to the vehicle
 - B) The rack furthest from the vehicle
 - C) Either one, it doesn't matter
3. How many feet approximately does the bike rack add on to the back of the suburban?
 - A) 1 foot
 - B) 2 feet
 - C) 3 feet
4. What is the key used for?
 - A) To take the rack off the suburban
 - B) To lock and unlock the front tire arm support
 - C) Both a and b



GM Photo

Answers: 1.B 2.A 3. C 4.C

You've Been Spotted
Thank you for doing something great!

Matt Dirks
Larry MacDonald
Emily Webb
Jason Backus - GPD Gilbert Citizens on Patrol



John Ariano
Dianna Erickson
Justin Dupuy

You are appreciated!

Hotel Sprinklers

By Dianna Erickson and Ryan Keating
GFD Volunteers



Have you ever thought about hanging your clothes from the sprinklers in a hotel? Do you know what happens if you do?

On a recent afternoon shift, Community Assistance Volunteers were dispatched to the Hampton Inn in San Tan because water was flowing from activated sprinklers. After staging outside while crews assessed the damage, we assisted by calling the families who were in the rooms that were affected. Each family was given the option of returning to the hotel to move their belongings, or granting permission for hotel employees/fire personnel to move them. Each room affected had various amounts of water, but all were deemed uninhabitable.

A sprinkler on the third floor was activated when a dress on a hanger was hung on it. It sent approximately 3,000 gallons of water to the rooms below, as well as to the rooms on either side. A total of 10 rooms were affected, and the guests in each room had to be re-located to different rooms. Water had to be extracted, and power was cut off from each room. Most of the damage was done on the third floor. A total of five engines/ladders, plus a battalion chief and two utility trucks responded. Each crew spent from two to three hours on the scene.

There are several things that we learned from this call:

- 1) The town has contracts with, and has done background checks on several restoration companies. A few other companies came on the scene and offered their services. While the final decision is up to the home or business owner, there are only a few that GFD recommends.
- 2) On newer commercial buildings there is a bell on the outside of the building that rings if water is flowing. This lets the crews know if the sprinkler system has been activated.
- 3) Water in newer buildings can be shut off on each floor. This allows the rest of the building to remain open, if it is safe. In this case power was shut off only to the affected rooms, once the City Inspector had approved.
- 4) The glass part of the sprinkler is heat activated so if there is a fire the sprinkler activates, and the alarm is sounded. The same thing applies if the glass is broken.

APPLAUSE! APPLAUSE! APPLAUSE!

A round of applause for Brandon Siebert who submitted two pages of volunteer hours he shared with the Department in December. Thank you Brandon!

The **FIDO BAG**® Program

By Randy Hooks, Resource Division Chief

Each year in the United States an estimated half a million pets are affected by fires. More than 40,000 of our family pets die from smoke inhalation alone. Once firefighters secure the family from danger, what happens to the four-legged family members? After much investigation, we found out that the First Responders priorities in an emergency are PEOPLE, PETS, and PROPERTY, in that order! Fire departments that have received our **FIDO BAGs**® and the training now feel confident they have the tools to give our pets the best chance of survival in these emergencies.

The first thing any living and breathing being needs after being in a fire is oxygen. Since fire departments are only equipped with human emergency supplies, the oxygen masks available are too flat and small to fit a pet's muzzle. This specialized-shaped oxygen mask allows for a secure seal on the pet's face, giving them the breath of life. Many pets also receive injuries and burns during a fire or accident. Therefore, specialized burn sheets, bandages, rinsing saline and protective restraints are also in the **FIDO BAG**®. Once the pet is stabilized, collapsible water dishes are filled and cuddly toys are kept at hand to comfort the pet while in route to the local animal hospital.

The Fetch Foundation has partnered with our community and donated enough **FIDO BAGS**® to the Gilbert Fire Department to place one bag on each Engine Company. These "BLS" animal rescue bags will provide additional equipment for our crews when dealing with pet emergencies, and should not require any specialized training.

-Why We Volunteer -

"I enjoy being able to share my gifts with the department and community. Being actively involved in the lives of others and seeing the impact that can have is an awesome experience."

"I feel more connected with my community; it is satisfying to serve others. I want to give back."



Special Projects Team

By Katharine Keller
GFD Volunteer

Do you want to meet new people and help out the terrific Volunteer programs of the Gilbert Fire and Police Departments? The Special Projects Team is one way to do that. We have many events coming that could use help.

Two of them are:

1) **Certification Renewal.**

On February 22, from 4:30PM to 6PM, and from 8PM to 8:30PM.

On February 26, from 9AM to 1PM.

On March 1, from 8:30PM to 1PM.

We need people to help with the renewal process on these days. Your help would be appreciated. Notaries, we need you too!

2) **Silent Shoulders.**

This is a relatively new part of our program. We make and send cards to those Volunteers who are celebrating, or grieving. We might deliver a meal, or run an errand for those Volunteers who may need a helping hand. If either of these parts of our program sounds appealing, please e-mail Kim (Kim.Yonda-Lead@gilbertaz.gov) about your interest. More to follow in future HotShots.



Battalion Chief Dave Rodriguez dropping the puck at a recent Coyote's game.

Second Annual Citizen Corps Symposium

Friday – Saturday, April 15th and 16th, 2011
Seminar details, training schedule and
registration to follow

Location:
Seville Golf and Country Club
6683 S Clubhouse Drive
Gilbert, AZ 85297

If you would prefer the registration packet
e-mailed directly to you, please e-mail
gfdsymposium@gilbertaz.gov with your first and
last name along with your e-mail address.

A LITTLE LAUGH

“Whenever I feel blue I start breathing again.”

HOTSTUFF

FEBRUARY

7 Operations Support Team	6:30 - 9:00 PM	Room 6	Δ
10 Ham Radio Team	6:00 - 9:00 PM	Room 6	CERT/ FC
15 Ethics and Cultural Diversity	6:00 - 9:00 PM	Room 6	CERT/ FC
17 Chaplains Meeting	6:15 - 9:00 PM	TBD	Chaplains
22 Volunteer Credential Renewal	4:30 - 6:00 & 8:00 - 8:30	Room 6	CERT/ FC
22 CERT Semi-annual Meeting	6:00 - 8:00 PM	Amphitheater	CERT
26 VRC Training and Exercise	9:00 AM - 12:00 PM	Fire Admin	Δ

MARCH

1 Volunteer Credential Renewal	8:300 AM - 1:00 PM	Room 6	CERT/ FC
7 ICS 700	6:00 -10:00 PM	Room 6	CERT/ FC
24 Storm Spotters Training	7:00 - 9:30 PM	Amphitheater	CERT

Save the date!

GFD Volunteer Appreciation Luncheon April 30

Δ Open to CERT, FC, VIPS and USAonWatch Volunteers.
Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov

An up to the minute CERT/FC training calendar will be found at
<http://www.ci.gilbert.az.us/fire/volunteers.cfm>